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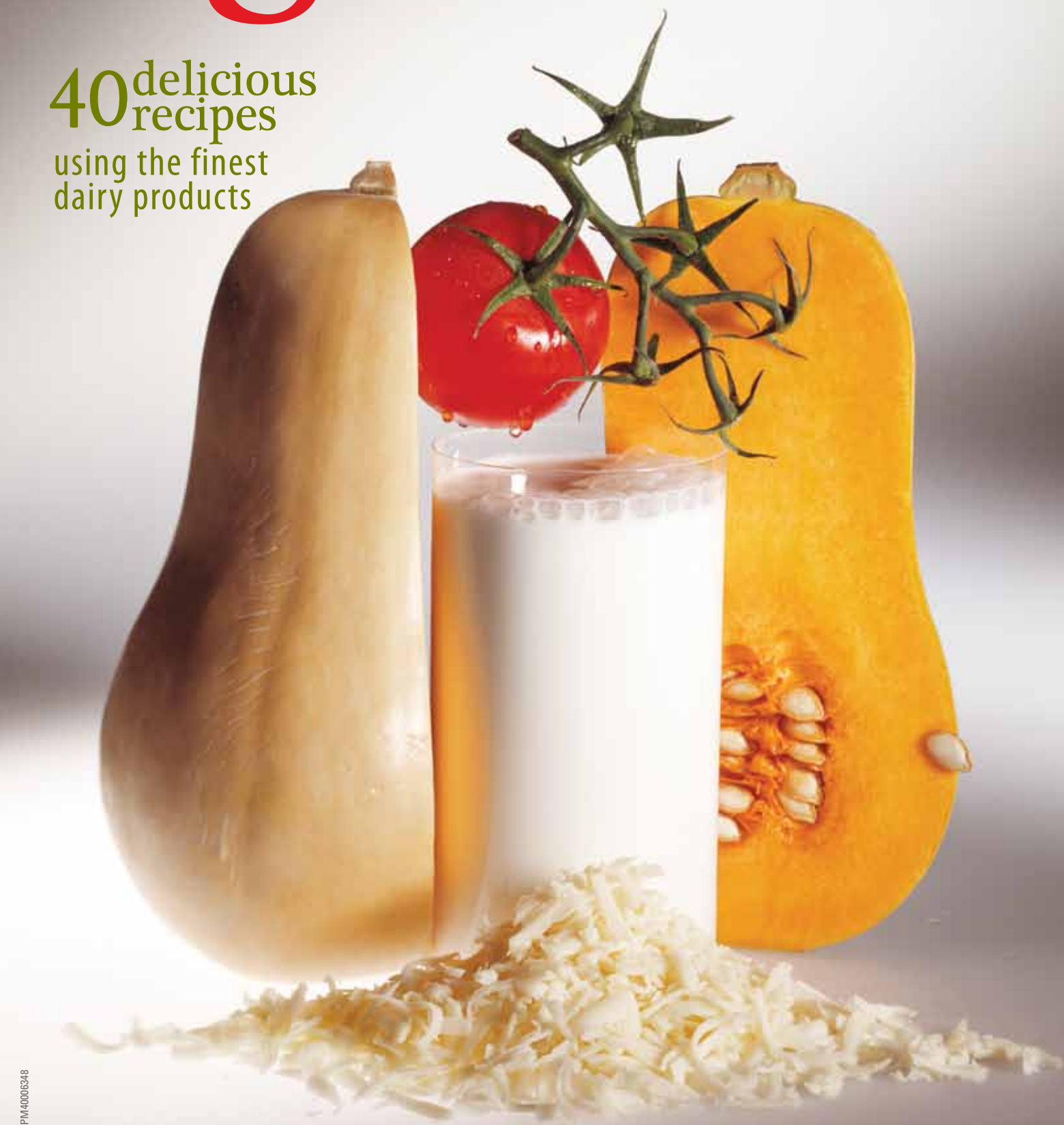

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Ce magazine est aussi disponible en français.

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For the love of...

... Parmesan

Parmesan is one of the all-time classic cheeses. Originally from Italy, and still known primarily for its special relationship with the magnificent cuisine of that country, parmesan left home a long time ago. In fact, if you like to cook, you probably think of it as one of those ingredients it would be hard to live without. A little parmesan goes a long way. It can liven up a simple dish, and it makes a delicious snack when dinner isn't quite ready. While it's good to have a nice hunk sitting in the fridge at all times, Saputo also produces a whole line of grated parmesan and parmesan petals that make it all the easier to transform an everyday meal into a feast.

Parmesan - get to know it, and you'll be friends for life!

Broccoli Salmon Risotto

Servings: 4 to 6 Preparation: 40 minutes Cooking: 30 minutes

600 g (1 1/4 lb)	broccoli florets
1	onion, chopped finely
Sufficient quantity	broccoli stems, peeled and diced finely
60 ml (1/4 cup)	**Dairyland salted butter**
250 ml (1 cup)	Arborio rice
125 ml (1/2 cup)	white wine or vermouth
900 ml (4 cups)	vegetable stock
50 g (125 ml / 1/2 cup)	**Saputo grana padano cheese**, grated
6 thick fillets, 90 g (3 oz) each	skinless salmon
Sufficient quantity	olive oil
To taste	salt and freshly ground pepper

In a saucepan, cook the broccoli in boiling salted water for 3 minutes. Remove the florets with a skimmer, run under cold water and set aside. Leave the cooking water in the saucepan.

In another saucepan, soften the onion and broccoli stems in the butter. Add the rice and continue cooking until the rice grains are well coated with butter. Add the wine and cook, stirring, until it evaporates.

Add 125 ml (1/2 cup) of the hot vegetable stock and continue cooking, stirring constantly until the stock is absorbed. Repeat until there is just 250 ml (1 cup) of stock left. Add the broccoli florets, the stock and stir just to reheat. Avoid overcooking so that the broccoli keeps its nice bright colour.

Season to taste and stir in the grana padano cheese at the last minute.

Meanwhile, preheat the oven to 210°C (425°F). Spray the salmon with olive oil and season to taste with salt and pepper. Place on a baking sheet and cook on the bottom rack for about 8 minutes.

Serve the risotto in hot deep plates. Place a piece of cooked salmon on each portion.

* If the rice is not cooked enough when it's time to add the broccoli (it should have a little bite to it) add a little of the broccoli cooking water first and cook until the rice is al dente. Then stir in the broccoli. The risotto should be creamy.

For the love of ***Parmesan***

Discover the Taste

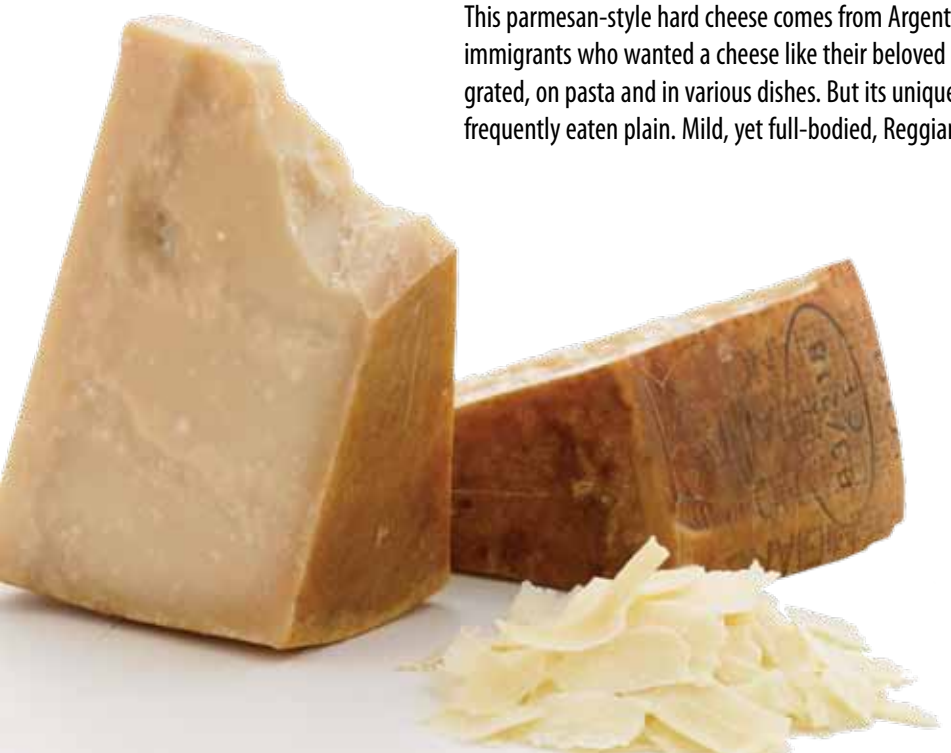
Parmigiano Reggiano
Parmigiano Reggiano is the most famous of the Italian hard cheeses. Made in the city of Parma, in the northern province of Emilia-Romagna, it has a pleasantly complex, rich, fruity/nutty taste that becomes more pronounced during the 20-month maturation process. The rind is a light golden colour and the cheese varies between pale and deep yellow. It has a slightly gritty texture and may contain small crystals, which give it a little crunch and make it easier to digest.

Bella Lodi
This cheese is known in France as "Black Parmesan" because of its characteristic black rind, which is stamped with the name Bella Lodi. Produced in the town of Lodi in northern Italy, it matures for at least 18 months. Rich and slightly gritty, it is used to add flavour to many different dishes. It is also excellent on a cheese tray or for snacking. In Italy, people like to serve it as an appetizer, cut in pieces, drizzled with aged balsamic vinegar and garnished with fresh basil leaves.

Romano
Also known as Pecorino Romano, this sheep's milk cheese used to be made near Rome but is now produced in Sardinia. It is one of the oldest cheeses on the planet. Traditionally rolled in salt as a preservative, its pleasantly sharp and salty flavour is what makes it so distinctive. It is a yellowish cheese with a compact, grainy texture.

Grana Padano
Unlike other Italian hard cheeses, this cheese is made all year long in the Emilia-Romagna region. Grana Padano has a milder flavour than the other parmesans, which is what some people like about it. It's wonderful on a cheese tray at the end of a meal, or grated into sauces, salads, pastas and gratins.

Reggianito
This parmesan-style hard cheese comes from Argentina, where it was originally made by Italian immigrants who wanted a cheese like their beloved Parmigiano Reggiano. It is often used grated, on pasta and in various dishes. But its unique flavour puts it in a class by itself, and it is frequently eaten plain. Mild, yet full-bodied, Reggianito is enjoyed by children and adults alike.



Eggplant, Tomato and Onion Tart

Eggplant, Tomato and Onion Tart

Servings: 4 Preparation: 20 minutes Cooking: 30 minutes

125 g (4 oz)	commercial pastry dough
1	Spanish onion, sliced thinly
30 ml (2 tbsp)	**Dairyland salted butter**
100 g (250 ml /1 cup)	**Saputo grated romano cheese**
450 g (1 lb)	eggplant, sliced in rounds
Sufficient quantity	olive oil
3	Italian plum tomatoes, sliced thinly

Preheat the oven to 200°C (400°F).

Roll out the dough in a circle and place it in a 22 cm (9 in) quiche pan.

Prick the dough all over with a fork and bake for 10 minutes. It will not change colour. Remove from the oven and set aside on the counter.

In a large skillet, soften the onion in the butter until it's just beginning to brown. Remove from the heat, add half the romano cheese and set aside.

Preheat the broiler.

On a lightly oiled baking sheet, arrange the eggplant slices in a single layer. Spray them with oil and broil until just beginning to brown. Turn over and brown the other side. Remove from the oven and reduce the temperature to 180°C (350°F).

Spread the onion-cheese mixture over the pie crust. Arrange the eggplant slices on top so that the onions are completely covered. Insert the tomato slices in between the eggplant slices.

Sprinkle the remaining cheese evenly over the tart and bake 30 to 40 minutes or until the cheese is melted and the crust is done.

Serve the tart with an arugula salad.

This dish may also be prepared without a crust. Simply assemble the ingredients and bake in a 20 cm (8 in) pan to make the perfect side dish for roast chicken or pork.

Reggianito Cheese and Dried Fruit Biscotti

Yield: 4 dozen Preparation: 10 minutes Cooking: 50 minutes

680 ml (2 3/4 cups)	all-purpose flour
10 ml (2 tsp)	baking powder
5 ml (1 tsp)	salt
5 ml (1 tsp)	freshly ground pepper
140 g (325 ml / 1 1/2 cups)	**Saputo Reggianito cheese**, finely grated
6	dried figs, finely chopped
10	dried apricots, finely chopped
80 g (125 ml / 1/2 cup)	skinless whole almonds
75 ml (1/3 cup)	**Dairyland milk**
60 ml (4 tbsp)	olive oil
3 large	eggs

Preheat oven to 180°C (350°F).

In a large bowl, sift together the first 3 ingredients. Stir in pepper, cheese, dried fruit and almonds.

In another bowl, whisk together the milk, oil and eggs.

Fold the wet ingredients into the dry ingredients. Knead the dough 10 times.

Divide the dough in half and shape each piece into a 2.5 x 30 cm (1 x 12 in) log.*

Place the logs at least 15 cm (6 in) apart on a parchment-lined baking sheet.

Bake for 30 minutes or until lightly browned and firm. Remove from oven and cool for 10 minutes. Reduce oven temperature to 170°C (325°F).

With a serrated knife cut each log on the diagonal into 0.5 cm (1/4 in) slices. Return the biscotti to the baking sheet and bake 10 minutes on each side until the almonds are lightly toasted and the biscotti are dry. Remove from oven and cool on a rack.

* At this point the dough may be wrapped tightly and frozen. Thaw and continue as directed.

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Bella Lodi Meatball and Rice Soup

Servings: 4 Preparation: 10 minutes Cooking: 10 minutes

450 g (1 lb)	lean ground veal*
140 g (375 ml / 1 1/2 cups)	**Saputo bella lodi cheese**, grated
5 ml (1 tsp)	fresh savory, chopped
To taste	salt and freshly ground pepper
30 ml (2 tbsp)	olive oil
1.5 L (6 cups)	vegetable stock*
75 ml (1/3 cup)	white basmati rice**
4 sprigs	savory

In a bowl, combine veal, Bella Lodi cheese, savory, salt and pepper.

Shape into 4 cm (1 1/2 in) balls.

In a large skillet, heat oil over medium high heat. Brown the meatballs, remove from the skillet and reserve.

In a large saucepan, bring the stock to a simmer. Add the browned meatballs and the rice and cook them in the stock for 10 minutes. Serve the soup hot with a sprig of savory.

* You may substitute with ground beef and beef stock.

** If you want to use leftover cooked rice, add it at the end of the cooking time. Leftover cooked vegetables may also be added to this recipe for a more substantial meal.

To make the soup more appealing to children, use fun-shaped pasta instead of rice. Cook the pasta separately and add it at the end.

This recipe may be frozen, but the meatballs must be cooked first, as directed, in the stock. Omit the rice. When re-heating the soup, add the rice and simmer for 10 minutes.

Parmesan Date Muffins

Yield: 1 dozen Preparation: 10 minutes Cooking: 30 minutes

500 ml (2 cups)	all-purpose flour
15 ml (1 tbsp)	baking powder
10 ml (2 tsp)	sugar
10 ml (2 tsp)	salt
375 ml (1 1/2 cups)	dried dates, finely chopped
125 g (310 ml /1 1/4 cups)	**Saputo parmesan cheese**, grated
1	egg
250 ml / 1 cup	**Dairyland milk**
75 ml (1/3 cup)	**Dairyland unsalted butter**, melted

Preheat oven to 180°C (350°F).

In a bowl, sift together the flour, baking powder, sugar and salt. Add the dates and 3/4 of the parmesan cheese and combine.

In another bowl, whisk together the egg, milk and butter.

Add the wet ingredients to the dry and fold with a spatula until just blended. Do not overmix.

Divide the batter evenly in 12 well-buttered muffin tins or use paper liners. Place a generous pinch of the remaining cheese on top of each muffin. Bake for 25-30 minutes or until a tester comes out clean. Serve warm.

For a delicious variation, use strong cheddar and dried apples instead of the parmesan and dates, and serve warm with butter and apple jelly.

To freeze: Cool muffins completely and wrap individually in plastic wrap.

Cogruet, a tradition of taste

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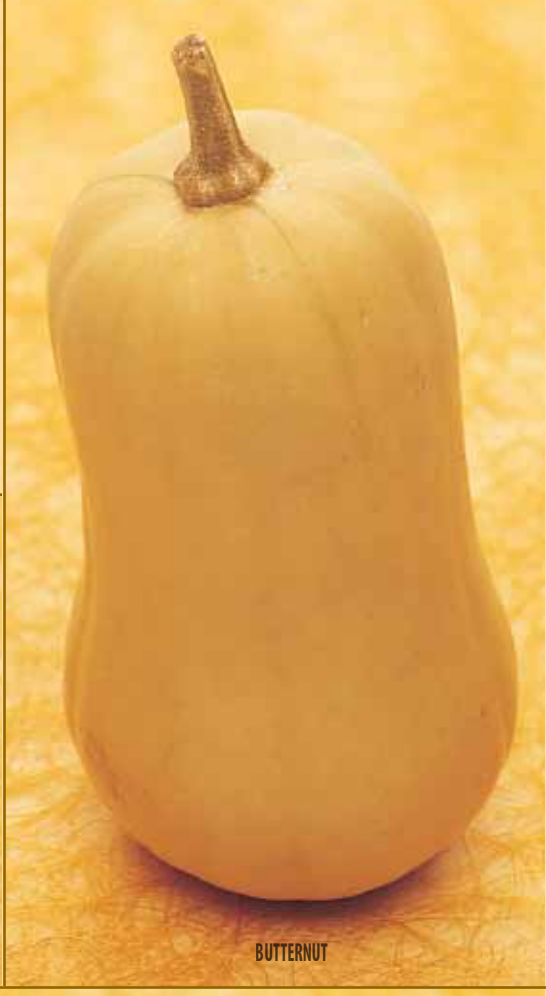
Ingredients...

ORANGETTI

"BUTTERCUP"



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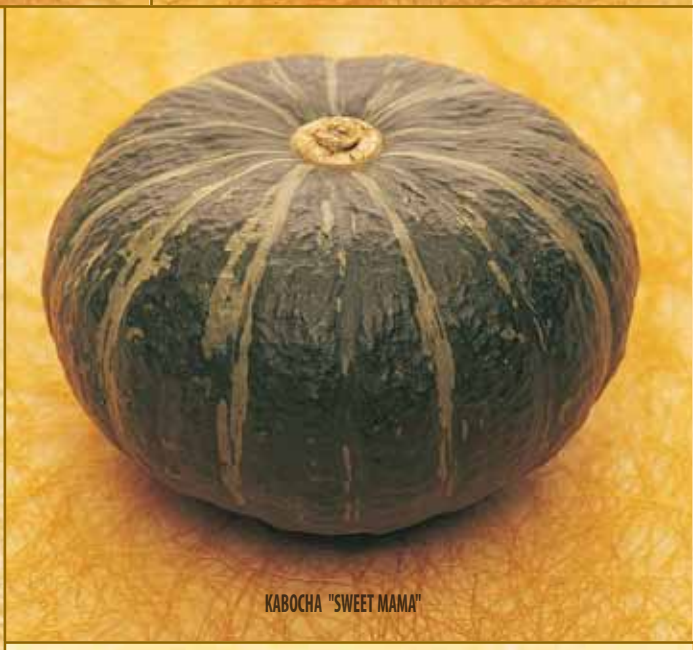
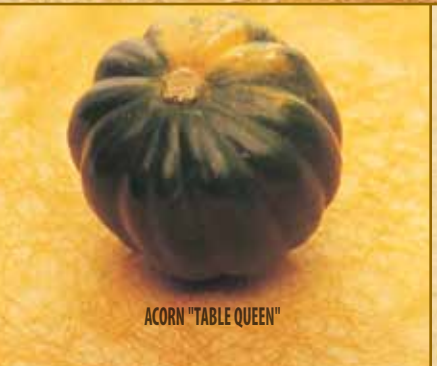
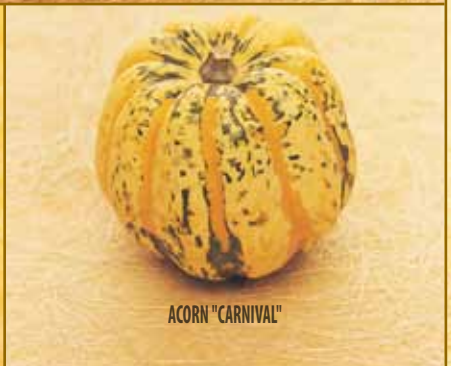
AMBERCUP



KABOCHA "SWEET MAMA"



ACORN "TABLE QUEEN"



ACORN "CARNIVAL"

TURBAN

...Squash

We thought we'd present this little feature on winter squashes to keep them from falling into oblivion.

The recipes on these pages show you different ways to prepare squash. As you can see, it lends itself to soups, side dishes, risottos, pasta and casseroles. We've provided pictures (on the left) of the most popular varieties to help you with your shopping.

Acorn Squash and Black Bean Chowder

Servings: 6 Preparation: 5 minutes Cooking: 20 minutes

5 slices	bacon, cut in thin strips
600 g (1 L / 4 cups)	acorn squash, peeled, in large dice
1 L (4 cups)	vegetable stock
400 ml (1 container)	**fat free Creama**
10 ml (2 tsp)	lemon juice, freshly squeezed
250 ml (1 cup)	canned black beans, rinsed and, drained
To taste	salt and freshly ground pepper
30 ml (2 tbsp)	chives, finely chopped

In a large skillet sauté the bacon until crisp and golden. Remove all but 30 ml (2 tbsp) of the fat. Add the squash and sauté for 2 minutes more.

Add the stock and simmer for 10 minutes or until the squash is tender.

Add the fat free Creama, lemon juice and black beans and return to a simmer.

Season to taste, garnish with chives and serve.

Fresh or frozen corn kernels would make a nice addition to this soup.

If freezing: Omit the fat free Creama. When ready to serve, defrost the soup and reheat over low heat. Add the Creama and serve as directed.

Roasted Acorn Squash with Rosemary

Servings: 4 Preparation: 7 minutes Cooking: 50 minutes

1	acorn squash, seeds removed, quartered
30 ml (2 tbsp)	olive oil
1 clove	garlic, coarsely chopped
1 sprig	rosemary, leaves coarsely chopped
To taste	salt and freshly ground pepper
170 g (6 oz)	**Saputo crumbled goat Fetos Mediterranean blend**
5 ml (1 tsp)	honey

Preheat oven to 180˚C (350˚F).

Place the squash quarters in a baking dish, skin side down.

Sprinkle with the oil, then season with the garlic, rosemary, salt, and pepper.

Bake 50 minutes or until very tender.

Fill each squash quarter with the Fetos cheese and drizzle with the honey.

Return to the oven for 5 minutes to warm the cheese then serve promptly.

Squash are among the pleasures of autumn. This side dish puts them to good use and it's almost as simple as turning on the oven. Use butternut, kabocha or any squash you have on hand. You may also substitute peeled, halved sweet potatoes.

If you're doubling or tripling the recipe for a large group, prepare the squash up to the first baking. They can sit in the fridge, tightly wrapped, for as long as overnight, which makes it that much easier to get dinner on the table.

About the varieties

In recent years, the food industry has been producing all kinds of new varieties of squash, marketing them for their attractive appearance, among other things. But when it comes to cooking, looks are not what count, so just remember the name of the one you want.

Unlike their cousins the cucumbers, squashes continue to improve after harvesting, growing sweeter and sweeter by the month. The Italians grow big, long varieties and people just slice off a hunk every now and then, when they want it. Over the winter, the squash gets eaten - and enjoyed - from tip to stem. Here, however, where temperatures vary significantly between the seasons, you're better off buying the squash as you need it, at farmers' markets, supermarkets, and fruit stores. Keep the squash in a cool place but don't refrigerate it.

Which squash for which recipe?

These days, buttercup and butternut squashes are very popular. You can find them just about anywhere. They both have dense, orange flesh that doesn't fall apart when you cook it, making them ideal for gnocchi. They also add subtle flavour and texture to risottos and other Italian-style dishes. Sweet Mama is one we couldn't do without. This kabocha hybrid is not as well-known, but once you taste it, you won't forget it. Its deep yellow flesh is deliciously sweet, it doesn't get watery when cooked, and it simply melts in your mouth. During cooking, acorn squash absorbs a lot of water, which must be evaporated by heating it before using it in these recipes. Ambercup is a sweet little relative of the buttercup that looks like a small pumpkin, stores very well and is excellent for cooking.

Vegetable Curry

Servings: 6 Preparation: 40 minutes Cooking: 30 minutes

1	large onion, finely chopped
15 ml (1 tbsp)	fresh ginger, coarsely grated
30 ml (2 tbsp)	**Dairyland unsalted butter**
30 ml (2 tbsp)	peanut oil
5 ml (1 tsp) each	curry powder, cumin and turmeric
1 ml (1/4 tsp)	sambal oelek or hot pepper flakes
To taste	salt and freshly ground pepper
4	carrots, peeled, in chunks
1	red pepper, in 2.5 cm (1 in) strips
500 ml (2 cups)	Hubbard squash, peeled, seeded and cubed
375 ml (1 1/2 cups)	chicken stock
1	small cauliflower, in florets
435 ml (1 3/4 cups)	coconut milk
1 piece, 250 g	**Saputo Mozzarina cheese**, diced
75 ml (1/3 cup)	red basil leaves, shredded

In a saucepan, soften the onion and ginger in the butter and oil until just beginning to brown. Add all the seasonings, the carrots, the red pepper and the squash. Stir well to coat with the spices.

Add the stock, cover and simmer 20 minutes. Add the cauliflower, stir to combine, cover and continue cooking for 5 minutes.

Add the coconut milk and heat 1 or 2 minutes while stirring.

You may use any type of winter squash in this recipe except spaghetti squash, which tends to fall apart.

This curry may be prepared in advance and reheated at serving time. Don't stir the cheese into the curry or it will melt too quickly.

Butternut Squash Risotto

Servings: 4 to 6 Preparation: 10 minutes Cooking: 45 minutes

450 g (1.125 L / 4 1/2 cups)	butternut squash, in large dice
45 ml (3 tbsp)	olive oil
1.250 L (5 cups)	chicken stock
60 ml (1/4 cup)	**Dairyland salted butter**
1	small onion, finely chopped
5 ml (1 tsp)	fresh lemon thyme leaves
125 ml (1/2 cup)	white wine
375 ml (1 1/2 cups)	Arborio rice
250 ml (1 cup)	baby spinach
200 g (625 ml / 2 1/2 cups)	**Saputo friulano cheese**, grated
5 ml (1 tsp)	freshly grated lemon zest
Sufficient quantity	**Saputo parmesan cheese petals**

Preheat the oven to 190°C (375°F).

Place half the squash in a roasting pan and toss with the olive oil. Bake for 30 minutes or until the squash is fork tender. Reserve.

In a saucepan, bring the stock to a gentle simmer.

Melt the butter in a large saucepan and sauté the onions until translucent. Add the remaining uncooked squash and the thyme and sauté for 2 minutes.

Add the wine and 250 ml (1 cup) of hot stock to the pan and simmer for 10 minutes until the squash is tender.

Add the rice and 180 ml (3/4 cup) of hot stock. Stir gently until the liquid has been absorbed. Repeat with the remaining stock until the rice is cooked al dente.*

Remove from the heat and fold in the spinach, the friulano cheese, the zest and reserved roasted squash.

Garnish with parmesan cheese petals.

* If the rice is not cooked enough, continue to add boiling water a little at a time until it has reached the desired consistency. This recipe serves 4 generously as a main course, or 6 to 8 as a side dish.

To make ahead: Follow the recipe but withhold the last 375 ml (1 1/2 cups) of stock. Cool the risotto and the stock and store in the refrigerator (it may also be frozen at this point). At serving time, reheat the risotto over low heat and add the remaining hot stock 125 ml (1/2 cup) at a time until the rice is al dente. Fold in the cheese and serve as directed.

Ricotta Squash Gnocchi

Servings: 6 Preparation: 30 minutes Cooking: 90 minutes
Freezing time: 2 hours

1.4 kg (3 lb)	Hubbard squash, halved and seeded
225 g (250 ml /1 cup)	**Saputo light ricotta cheese**
1	egg
To taste	freshly grated nutmeg
To taste	salt
750 ml (3 cups)	all-purpose flour
125 ml (1/2 cup)	**Dairyland salted butter**
20 leaves	fresh sage, shredded
10	amaretti cookies, coarsely crushed
Sufficient quantity	**Saputo parmesan cheese petals**

Preheat the oven to 200°C (400°F).

Place the squash halves cut side down on a baking sheet and bake in the middle of the oven for 90 minutes. Remove from oven, turn over to allow the steam to escape, then let cool at room temperature.

Scoop out the squash flesh – you should have about 800 g (1 2/3 lb) – and place it in a bowl along with the ricotta cheese, egg, nutmeg and salt. Add the flour and mix well.

At this point, check the texture by rolling some of the mixture into a small ball and dropping it into boiling salted water. Cook for 1 minute, run it under cold water to cool and taste it. If it falls apart too easily, add some flour to the mixture. Do not refrigerate the mixture; proceed immediately to make the gnocchi.

Flour a work surface and shape the mixture into 12 rolls about 2 cm (1 in) in diameter. With a small knife, cut each roll into 1 cm (1/2 in) pieces and shape into gnocchi about the size of a medium olive. Roll each piece across the back of a fork to create ridges. Arrange in a single layer on baking sheets and place in the freezer for 2 hours.

Bring a large pot of salted water to a boil.

In a skillet, melt the butter and add the sage leaves and amaretti. Cook over medium heat until the butter is hazelnut brown. Remove from the heat immediately and keep warm.

Drop the frozen gnocchi into the boiling water. Do not cover. Let the gnocchi float to the surface and cook for 1 minute more. Remove with a skimmer and place in warm bowls. Spoon the sage butter over the top, garnish with parmesan petals and serve.

Once frozen, the gnocchi may be stored in freezer bags, 20 to a serving. Don't thaw them: when you're ready, just drop them frozen right into the boiling water.

Savoury Buttercup Squash and Cheese Pie

Servings: 8 Preparation: 25 minutes Cooking: 50 minutes

75 ml (1/3 cup)	**Dairyland salted butter**, melted
500 ml (2 cups)	fresh bread crumbs
800 g (1 L / 4 cups)	buttercup squash, in chunks
2	eggs, beaten
250 ml (1 cup)	**Dairyland milk**
5 ml (1 tsp)	fresh thyme, finely chopped
15 ml (1 tbsp)	salt
125 ml (1/2 cup)	all-purpose flour
270 g (1 package)	**Saputo shredded swiss cheese**

Preheat the oven to 180°C (350°F).

Melt the butter in a large skillet and sauté the bread crumbs in the butter until lightly toasted. When cool enough to handle, press the toasted crumbs into the base and up the sides of a deep-dish 23 cm (9 in) pie plate.

Cook the squash in salted water until tender. Drain and mash coarsely. Let cool.

In a bowl, whisk together the eggs, milk, thyme and salt. Add the flour and whisk until smooth. Stir in the squash and the swiss cheese. Pour the mixture into the prepared crust.

Bake for 45 minutes or until the center is firm.

Buttercup squash is one of several squash that would work well in this recipe. The pie is perfect as a side dish for the holidays or a main dish in a vegetarian meal.

Make this pie the day before and reheat at serving time. It may also be wrapped tightly and frozen.

Step by step...

...Homemade Pasta

Homemade pasta can be made into appetizers, main courses and even dessert. And you wouldn't believe how easy it is! Don't be put off by unsubstantiated rumours: making your own pasta is really not a complicated affair. Anyone can do it, especially with our amazingly simple recipe that you can put together quickly with excellent results every time. To illustrate the versatility of this fabulous food, we offer you three absolutely delicious recipes, each of which uses a different shape. In the first, long ribbons of pasta are bathed in a savoury mushroom sauce. In the second, wide sheets of pasta are used to make a sumptuously stuffed lasagne. And in the third, squares of pasta are filled, folded and fried to make an unusual dessert. So get out the flour and get going!

Homemade Pasta

Yield: 1.1 kg Preparation: 20 minutes Cooking: None

1 to 1.25 L (4 to 5 cups)	all-purpose flour
4	large eggs
10 ml (2 tsp)	salt
30 ml (2 tbsp)	olive oil
180 ml (3/4 cup)	cold water

Pile 1 L (4 cups) of flour on a work surface and make a well in the middle. In a bowl, beat the eggs, salt, oil and water and pour the mixture into the well.

With the fingertips of one hand, work the flour down into the well, using the other hand to keep the liquid from spilling out. Work quickly for no more than 1 or 2 minutes until the dough begins to form.

When the flour and liquid are combined, start kneading the dough, making sure to incorporate any bits stuck to the work surface. Add the rest of the flour, if necessary. The dough should be soft and supple.

After 10 minutes of kneading, the dough will become smooth and elastic. Cover it with a clean cloth and let it rest 10 minutes at room temperature. Uncover, then run it through a pasta roller, following the manufacturer's directions.

Use a knife to cut the pasta into the strips or shapes you need, such as the pappardelle, lasagne and little squares used in the recipes in this magazine.

The amount of flour required may vary according to the relative humidity in your kitchen. Feel free to add some, if necessary.

When you pour the egg mixture into the well, work quickly with both hands to blend the flour with the liquid ingredients.

All the ingredients should be evenly distributed. Be sure to incorporate all the flour thoroughly and knead the dough well until it is smooth and elastic.

After you've covered the dough and let it rest, divide the ball into six equal pieces and run each one through the pasta machine to obtain the desired thickness.

Fresh Pappardelle with Pork, Mushrooms and Cheese

Servings: 4 Preparation: 20 minutes Cooking: 20 minutes

450 g (1 lb)	pork tenderloin, trimmed and cut into 1 cm (1/2 in) slices
To taste	salt and freshly ground pepper
5 ml (1 tsp)	flour
30 ml (2 tbsp)	**Dairyland salted butter**
15 ml (1 tbsp)	olive oil
125 ml (1/2 cup)	chicken stock (low sodium if using a prepared stock)
1	large onion, peeled and sliced
225 g (1/2 lb)	crimini mushrooms, quartered
225 g (1/2 lb)	shiitake mushrooms, stems trimmed, halved
125 ml (1/2 cup)	**Creama 10 %**
2 cloves	garlic, minced
2	green onions, chopped
450 g (1 lb)	fresh pasta sheets, cut into ribbons 2.5 cm (1 in) wide
150 g (1/3 lb)	**Saputo asiago cheese**, coarsely grated

Season the pork slices and dust with flour.

In a large skillet heat 15 ml (1 tbsp) of butter on medium high, and fry the pork for 1 minute on each side or until browned.

Remove the pork from the pan and set aside. Add the stock to the pan and cook for 2 minutes or until reduced by three quarters. Pour over the meat.

Return the pan to the heat and sauté the onion in the remaining butter and oil for 2 minutes, until beginning to brown.

Add the mushrooms and season. Sauté for 5 minutes until the mushrooms have softened and begun to brown. Add the cream, garlic and green onions.

Add the pork and reduced stock, bring to a boil, and cook for 1 minute or until the pork is heated through and the sauce has begun to thicken. Adjust the seasonings.

Boil the pasta in a generous amount of salted water until al dente.

In a serving dish, toss the drained pasta with the warm pork and sauce and 3/4 of the asiago cheese.

Serve with the remaining cheese and plenty of freshly ground black pepper.

This is a perfect fall dish, with earthy mushrooms, tender pork and a deliciously cheesy sauce. Substitute chicken for pork, or use different kinds of mushrooms, depending on what you have on hand.

The sauce may be cooled before adding the asiago and refrigerated for 2 days. Simply reheat and proceed with the recipe.

Fresh Lasagne with Spinach and Pistachio Pesto

Servings: 6 Preparation: 55 minutes Cooking: 35 minutes

8	sheets of fresh pasta, 11 x 33 cm (4 1/2 x 13 in) each
150 ml (2/3 cup)	olive oil
1	medium onion, finely chopped
4 cloves	garlic, coarsely chopped
1 can 796 ml (28 oz)	diced plum tomatoes
300 g (2/3 lb)	spinach leaves, washed, blanched and cooled
125 ml (1/2 cup)	shelled, unsalted pistachio nuts
250 ml (1 cup)	**Saputo grated parmesan cheese**
30 ml (2 tbsp)	water
300 g (2/3 lb)	boneless skinless chicken breasts, cut into 1.5 cm (1/2 in) cubes
450 g (1 lb)	**Bari ricotta cheese**
180 g (6 oz)	**Saputo Lite sliced provolone cheese**
To taste	salt and freshly ground pepper

Preheat the oven to 180˚C (350˚F).

Cook the pasta in boiling salted water until al dente. Drain and run under cold water. Drain again and toss with 30 ml (2 tbsp) of oil. Reserve.

In a skillet, heat 30 ml (2 tbsp) of oil on medium heat, add the onions and garlic and cook 4 minutes until soft but not browned. Add the tomatoes, bring to a boil, season with pepper and simmer for 10 minutes. Remove from the heat and allow to cool.

Gently squeeze the spinach to extract the excess water. Chop the spinach coarsely; you should have about 180 ml (3/4 cup).

In a food processor or using a hand blender, puree the spinach, pistachios, 1/2 of the parmesan cheese, the water and 60 ml (1/4 cup) of the oil. Blend until smooth, adding a bit more water, if necessary.

In a skillet, heat 30 ml (2 tbsp) of oil. Season the chicken with salt and pepper and fry for 2 minutes, stirring often, until the meat is white all over. Combine the chicken with the spinach mixture.

In a bowl, combine the ricotta cheese with the remaining parmesan and mix well. Season to taste.

In a 22 x 33 cm (9 x 13 in) rectangular baking dish, spread 1/3 of the tomato sauce. Layer the dish as follows: 2 pasta sheets, the ricotta mixture, 2 more pasta sheets, 1/3 of the tomato sauce, 2 more pasta sheets, the chicken pesto mixture, 1/2 of the provolone cheese, 2 pasta sheets, the remaining 1/3 of the tomato sauce and the rest of the cheese.

Bake for 35 minutes or until bubbling and browned around the edges.

This cheesy, delicious lasagne is great for potlucks or big family dinners. The pistachios add a nice richness and just a hint of flavour. Use blanched rapini or older arugula leaves instead of the spinach if you prefer a more pronounced flavour.

The lasagne can be served immediately or cooled, covered and refrigerated for 2 days. Reheat in a 180˚C (350˚F) oven until warmed through.

Fried Chocolate-Banana Ravioli

Servings: 4 Preparation: 20 minutes Cooking: 8 minutes

125 ml (1/2 cup)	**Bari ricotta cheese**
1	small banana, peeled and chopped
125 ml (1/2 cup)	bittersweet chocolate chips
8 pieces	fresh pasta squares, 11 cm (4 1/2 in)
1	egg, beaten
500 ml (2 cups)	canola oil
30 ml (2 tbsp)	cocoa powder
Sufficient quantity	fresh mint leaves

In a bowl, combine the ricotta cheese, banana and chocolate chips and mix well.

Place the pasta squares on a work surface.

Place a generous spoonful of filling in the centre of each square.

Using your finger or a pastry brush, paint two adjoining edges of each square with egg. Fold each square over to make a triangle enclosing the filling. Press the edges well to seal.

In a deep skillet, heat the oil to 350˚F (180˚C). Gently slide a few of the ravioli into the oil and fry, turning often, for 2 minutes, or until they are nicely browned.

Remove from the oil with a slotted spoon and drain on absorbent paper.

Allow to cool slightly before serving, dusted with cocoa powder. Garnish with a sprig of mint.

Aside from being sinfully delicious, these ravioli are an interesting way to use fresh pasta. For added indulgence, serve with whipped cream and raspberry coulis, or your favourite ice cream.

Once you've filled and sealed the ravioli, they can be placed in a single layer on a large plate or baking sheet, covered, and refrigerated for a few hours before frying. As for leftovers, we've never had that problem, so please let us know!

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DHA hleps yuor brian to fnuctoin.

Neilson Dairy Oh!

Pat Thom
Regulatory Services and Product Innovation Manager

Are you looking for an easy, convenient way to add more nutritients to your child's diet? Look no further than **Neilson Dairy Oh!** Regular milk is well known as a healthy food because it contains several essential nutrients, including calcium, phosphorus, magnesium, and vitamins A & D, all of which are necessary for bone development. However, research done at the University of Guelph in Ontario shows that dairy cows fed a unique DHA-enriched diet are able to produce milk that contains all the nutrients found in regular milk plus an omega-3 fatty acid called DHA (docosahexaenoic acid).

DHA has been the subject of considerable scientific research in recent years because it is linked to brain processes that affect learning ability and mental development. In fact, Health Canada now recognizes that DHA supports the normal development of the brain, eyes and nerves. The Institute of Medicine of the National Academies of Science says that an adequate daily intake of DHA for children ranges from 70 to 160 mg, depending on age and sex. **Neilson Dairy Oh!** contains DHA and is available in grocery stores at the same fat levels as regular milk: homogenized milk (20 mg DHA per 250 ml serving), 2% partly skimmed milk (10 mg DHA per 250 ml serving), 1% partly skimmed milk (10 mg DHA per 250 ml serving) and 1% partly skimmed chocolate milk (10 mg DHA per 250 ml serving). Considering that Canada's Food Guide recommends regular physical activity for children plus a healthy, balanced diet that includes 2 to 4 servings from the milk and alternates category, then children who drink three glasses of 2% Dairy Oh! every day would meet Canada's Food Guide recommendations and they would benefit from an extra 30 mg of DHA omega-3 fatty acids in their diet.

The best part is that **Neilson Dairy Oh!** tastes exactly the same as regular milk. Whether it's poured over breakfast cereal, used to replace regular milk in your favorite recipes, or simply enjoyed icy cold in a glass, you can be confident that your family is getting a variety of essential nutrients and DHA.

Neilson Dairy Oh! – nourishing young bodies, nourishing young minds.

Family fare

All these family recipes are simple and full of vegetables. Sometimes, they have legumes in them, too, like our delicious cheese croquettes, which are as nutritious as they are fabulous! As you'll see, the recipes in this issue take advantage of the season: occasionally, they call for cooked turkey, which means you'll have a chance to build some interesting and creative dishes with those inevitable leftovers. We've also included a few sandwiches that your kids will enjoy preparing with you. It's a fun way to get them involved in making their own lunches!

Cheesy Macaroni with Confetti Peppers and Ham

Servings: 6 Preparation: 15 minutes Cooking: 45 minutes

45 ml (3 tbsp)	**Dairyland salted butter**
45 ml (3 tbsp)	bread crumbs
30 ml (2 tbsp)	flour
1	medium onion, peeled and finely diced
3	bell peppers, mixed colours, seeded and diced
375 ml (1 1/2 cups)	ham, diced
250 ml (1 cup)	parsley, chopped
500 ml (2 cups)	**Dairyland milk**
250 ml (1 cup)	ketchup, chili sauce, or tomato sauce
To taste	salt and freshly ground pepper
450 g (1 lb)	**Saputo shredded taco and nacho cheese**
450 g (1 lb)	uncooked macaroni

Preheat the oven to 350°F (180°C).

Using 15 ml (1 tbsp) of butter, coat the inside of a 23 x 33 cm (9 x 13 in) rectangular baking dish, then dust with the bread crumbs.

In a large saucepan, heat the remaining butter on medium heat. Add the flour and cook for 1 minute, stirring constantly.

Add the onions and cook 2 minutes, stirring. Add the peppers, ham and parsley and cook for 7 minutes, until the peppers have begun to soften. Add the milk and increase the heat to high. Bring the mixture to a boil and cook for 3 minutes then remove from the heat and stir in the ketchup. Season to taste, add 3/4 of the taco and nacho cheese and stir to combine.

Cook the pasta in a generous amount of salted water until al dente. Drain and combine with the sauce. Pour into the prepared baking dish, top with the remaining cheese and cook for 30 minutes or until the top is golden and bubbly.

This is an easy and cost-effective way to feed a horde of hungry kids. In a pinch, use 4 cups of frozen vegetables instead of the peppers, or feel free to substitute your kids' favourite veggies.

You can prepare the macaroni up to the baking point then cover it tightly and store in the refrigerator overnight. Preheat the oven and increase the baking time by 5 to 10 minutes.

Vegetarian 4-Cheese Patties

Servings: 6 Preparation: 20 minutes Cooking: 8 minutes

125 ml (1/2 cup)	canola oil
1 ml (1/4 tsp)	whole cumin seeds
1	medium onion, peeled and finely chopped
1	large yellow-flesh potato, boiled and mashed
1 can 540 ml (19 oz)	lentils, well drained
250 ml (1 cup)	mixed frozen vegetables, thawed and chopped
375 ml (1 1/2 cups)	**Saputo shredded 4 formaggi cheese**
250 ml (1 cup)	fine bread crumbs
6	buns, any kind

In a skillet, heat 15 ml (1 tbsp) of the oil on medium and fry the cumin for a minute, until fragrant and browned.

Add the onions and continue frying for 7 minutes, stirring often, until soft and browned.

Place the mashed potatoes, lentils and vegetables in a large mixing bowl and add the fried onions. Using a potato masher, mash the mixture for a minute until thoroughly combined.

Add the 4 formaggi cheese and 2/3 of the bread crumbs and mix well.

Use your hands to form 6 patties. Dust the patties on both sides with the remaining bread crumbs.

In the skillet, heat the remaining oil and fry the patties for 2 minutes on each side, or until nicely browned.

The patties may now be refrigerated for up to 3 days. Simply reheat in the oven as needed. Serve on a burger bun with your favourite toppings and extra cheese.

Instead of the frozen mixed vegetables, use any leftover cooked vegetables you have on hand. For an adult version, smother the cooked patties in caramelized onions and your favourite strong cheese, such as an old cheddar or gorgonzola.

There delicious and kid-friendly patties are great to have on hand for a snack or quick dinner. Wrapped well, they'll keep in the refrigerator for up to 3 days, or in the freezer for up to a month. To reheat, simply place in a 350˚F (180˚C) oven for 10 minutes.

Turkey Empanadas

Turkey Empanadas

Servings: 6 Preparation: 40 minutes Cooking: 30 minutes

1	large onion, chopped finely
1	red pepper, sliced thinly
3 cloves	garlic, minced
30 ml (2 tbsp)	**Dairyland salted butter**
10 ml (2 tsp)	chili powder
5 ml (1 tsp) each	paprika, cumin, dried oregano
750 ml (3 cups)	cooked turkey in small dice
125 ml (1/2 cup)	golden raisins
125 ml (1/2 cup)	chicken stock
To taste	salt and freshly ground pepper
3	hard-boiled eggs, quartered
18	large stuffed olives
900 g (2 lb)	commercial pastry dough
180 g (1 package)	**Saputo sliced havarti cheese**
2	egg yolks, beaten with a little water

Preheat the oven to 200°C (400°F).

In a large skillet, soften the onion, pepper and garlic in the butter without browning.

Add the seasonings, turkey, raisins and stock. Simmer, stirring, until the liquid has evaporated. Remove from the heat and set aside on the counter.

Roll out the dough and cut into 6 circles 20 cm (8 in) in diameter.

Divide half the cheese evenly among the circles of dough and top with the turkey mixture. Place 2 egg quarters and 3 sliced olives on top of the filling and finish with the remaining cheese.

With a pastry brush, moisten the edges of the dough with water. Fold over and seal the edges using a fork.

Place the empanadas on a parchment-lined baking sheet. Prick with a fork, brush with beaten egg and bake about 30 minutes.

These may be prepared earlier in the day and cooked just before serving.

To freeze, place the cooked, cooled empanadas on a baking sheet directly in the freezer. When they are frozen, transfer them to airtight freezer bags.

Beef and Vegetable Shepherd's Pie

Servings: 4 to 6 Preparation: 25 minutes Cooking: 45 minutes

450 g (1 lb)	lean ground beef
30 ml (2 tbsp)	**Dairyland salted butter**
1 bunch	green onions, white and green parts sliced separately
500 ml (2 cups)	frozen mixed vegetables
125 ml (1/2 cup)	beef stock
30 ml (2 tbsp)	tomato paste
To taste	salt and freshly ground pepper
30 ml (2 tbsp)	fresh thyme leaves
110 g (250 ml / 1 cup)	**Saputo grated marbled cheddar cheese**
450 g (1 lb)	celery root, peeled and quartered
2	large potatoes, peeled and quartered
75 ml (1/3 cup)	**Dairyland milk**

In a large skillet, sear the meat in the butter until it is cooked, breaking up the pieces with the back of a fork.

Add the white part of the onions, the frozen vegetables, stock, tomato paste and seasonings. Simmer 15 minutes then stir in half the marbled cheddar cheese. Transfer the mixture to a 20 cm (8 in) square baking dish. Set aside.

In a saucepan, cover the celery root and potatoes with cold salted water. Bring to a boil and cook until tender.

Preheat the oven to 180°C (350°F).

Drain the water from the celery root and potatoes and return the pan to the heat to evaporate excess moisture. Pass the vegetables through a food mill or ricer and add the milk. Season with salt and pepper to taste. Stir in the remaining cheese and spread the mixture over the meat.

Bake about 30 minutes or until the meat is bubbling up around the potato topping. Sprinkle with the green parts of the onions.

This dish may also be prepared in 4 or 6 individual dishes. Bake as indicated.

Cool completely after baking, then place the dish directly in the freezer. When frozen, wrap carefully, identify and date, and return to the freezer.

Cooking with kids

Mufuletta Sandwich

Servings: 6 Preparation: 15 minutes plus 2 hours refrigeration
Cooking: None

6	small kaiser rolls
30 ml (2 tbsp)	olive oil
115 g (1/4 lb)	soppressata or Genoa salami, sliced thinly
150 g (1/3 lb)	sliced mortadella
180 g (1 package)	**Saputo sliced provolone cheese**
250 ml (1 cup)	commercial jardinière style vegetables, drained *
60 ml (1/4 cup)	kalamata olives, pitted and chopped

Slice the rolls in half horizontally. Remove the soft crumb and keep for another use.

Brush the insides of the crusts with oil and fill the bottom halves with the vegetables and olives. Layer the top halves with the sliced deli meats and provolone cheese.

Fill the top halves with the vegetables and olives.

Carefully put the halves together and wrap each sandwich tightly with plastic wrap.

Place a weighted plate or heavy pan on top of the sandwiches and refrigerate at least 2 hours.

Slice before serving.

* You can find jars of this Italian-style mix of preserved cauliflower, carrots, celery and green olives in supermarkets and specialty delis.

Curried Turkey Pita

Servings: 4 to 6 Preparation: 20 minutes Cooking: None

Filling

625 ml (2 1/2 cups)	cooked turkey, diced
75 ml (1/3 cup)	light mayonnaise
45 ml (3 tbsp)	**Dairyland Classic Vanilla – vanilla cream yogurt**
10 ml (2 tsp)	Madras curry powder
1	green apple, unpeeled, cored and diced
75 ml (1/3 cup)	celery, diced
30 ml (2 tbsp)	golden raisins
60 ml (1/4 cup)	pecans, chopped (optional)
To taste	salt and freshly ground pepper
Sufficient quantity	romaine lettuce leaves
180 g (1 package)	**Saputo sliced yellow cheddar cheese**
4 to 6	whole wheat pitas, halved

In a large bowl, combine all the ingredients for the filling and adjust the seasoning. Refrigerate the mixture for at least 1 hour.

Place one lettuce leaf and a quarter of the cheddar cheese slices in each pita pocket. Place the filling between the cheese and the lettuce to keep the pita from getting soggy.

Wrap well and refrigerate.

Madras curry is a very mild, slightly sweet blend of spices that can be found in all major supermarkets.

The nuts add lots of character to this recipe, but if your children are taking the sandwiches to school, you should leave the nuts out.

Tuna, Bean and Olive Wrap

Servings: 6 Preparation: 20 minutes Cooking: None

Filling

2 (180 g / 6 oz) cans	tuna, flaked
60 ml (1/4 cup)	stuffed green olives, chopped
3	scallions, sliced thinly
60 ml (1/4 cup)	celery, in small dice
15 ml (1 tbsp)	fresh parsley or basil, shredded
45 ml (3 tbsp)	olive oil
15 ml (1 tbsp)	freshly squeezed lemon juice
To taste	salt and freshly ground pepper
75 ml (1/3 cup)	canned mixed beans, rinsed and drained
6 (15 cm / 6 in)	whole wheat tortillas
180 g (1 package)	**Saputo sliced marbled cheddar cheese**

In a large bowl, combine all the filling ingredients except the beans. Adjust the seasoning, add the beans and toss gently.

Place the tortillas on a work surface and divide the marbled cheddar slices evenly among them. Add an equal amount of filling to each.

Roll up, cut in half on the diagonal and wrap.

Wrap creatively to make pretty little packages.

Leftover canned beans can be frozen and used later in a salad or soup.

Turkey Sandwich with Fall Relish

Servings: 4 Preparation: 20 minutes Cooking: None

Relish

60 ml (1/4 cup)	pimento, drained and diced
125 ml (1/2 cup)	corn kernels, cooked
10 ml (2 tsp)	olive oil
180 ml (3/4 cup)	green cabbage, sliced very thinly
45 ml (3 tbsp)	light mayonnaise
7.5 ml (1 1/2 tsp)	cider vinegar
1 pinch	sugar
To taste	salt and freshly ground pepper
4	crusty rolls, halved
160 g (1 package)	**Saputo sliced swiss cheese**
625 ml (2 1/2 cups)	cooked turkey, diced

In a bowl, combine all the ingredients for the relish and refrigerate.

Divide the swiss cheese slices among the bottom halves of the rolls, cover with relish and top with the turkey.

Close the sandwiches, wrap each one tightly, pressing as you wrap, and refrigerate at least 2 hours.

Cooked turkey freezes very well. You can dice it in advance and seal it in freezer bags, for use when you need it.

ZOOM ON A *chef*

MAURIZIO GRANDE

"When we opened in 1986, things were a little different," says chef Maurizio Grande of Hamilton's La Cantina. "There weren't many authentic Italian restaurants. Most places had been around since the 1950s and their food reflected that." Authenticity and attention to detail are but two of the hallmarks that make La Cantina one of the Steel City's top dining options. It's been repeatedly voted "best Italian dining" in the yearly Hamilton Spectator awards, and it has earned a place in the well-known "Where to Eat in Canada" guide.

La Cantina, 60 Walnut Street South, Hamilton, ON
905•521•8989 • www.lacantinahamilton.ca

"Today's customers are more informed, they want to experience something new," notes the chef, "and it's important to listen and give something back to your customers." To that end, La Cantina offers Italian food lovers an upscale dining room as well as a casual-concept wine bar, and a menu that spans not only the comfortingly classic pizzas, pastas, fresh gnocchi and appetizers, but also more contemporary organic lettuce salads, marinated ostrich medallions, and cedar plank Atlantic salmon. For the chef, however, simplicity is the order of the day when it comes to food; "When I think of good food, simple is the best. I love a well-made penne all'arrabbiata." Does chef Grande have any advice for new restaurant owners? "Be well educated, well rounded and ready to fix anything. And be ready to work hard."

By Michael Elliott

Shrimp and Cheese Ravioli

Servings: 6 Preparation: 5 minutes Cooking: 20 minutes

Fresh Pasta

625 ml (2 1/2 cups)	all-purpose flour
1 ml (1/4 tsp)	salt
2	eggs
125 ml (1/2 cup)	milk
15 ml (1 tbsp)	**Dairyland unsalted butter**

Filling

360 g (3/4 lb)	shrimp, peeled, cooked and diced
360 g (3/4 lb)	crab flesh
60 ml (1/4 cup)	**Saputo ricotta cheese**
60 ml (1/4 cup)	goat cheese
30 ml (2 tbsp)	**Saputo grated parmesan cheese**
1	egg
1 ml (1/4 tsp)	nutmeg, grated
30 ml (2 tbsp)	fresh parsley, chopped

Sauce

6 to 8	fresh sage leaves
30 ml (2 tbsp)	**Dairyland unsalted butter**
To taste	lemon zest

In a large bowl, combine the flour and salt. Incorporate the eggs, milk and butter. Knead for 5 minutes, then allow to rest for 15 minutes.

In a large bowl, combine the ingredients for the filling and mix well. Refrigerate.

Divide the pasta dough in two. Flour a working surface. With the pasta machine on the thickest setting, feed the dough through the machine, clicking all the way down to 2, or the second thinnest setting. If the dough appears sticky, lightly sprinkle the work surface with flour.

Using 2 different sized round cutters, cut an equal number of circles of each size. Scraps may be reformed and any unused dough may be frozen.

With a teaspoon, place a small amount of filling in the centre of the smaller circles, taking care not to get any on the edges. Moisten the edges with a mixture of flour and water, then lay the larger circles on top and press the edges firmly to seal. The ravioli may be placed on a flour-dusted baking sheet and cooled or frozen.

Bring a large pot of salted water to a boil. Drop the ravioli into the water one at a time, but do not overcrowd or they will stick together. Boil for 6 minutes.

In a saucepan, heat the butter with the sage until it foams, then turn off the heat. Transfer the ravioli to a saucepan and dress with the sage butter. Garnish with curls of lemon zest and fried sage leaves.

ZOOM ON A *chef*

ERIC DELETROZ

With a menu built on quality ingredients and family favourites, it's no surprise that Pizza Delight has been a success since its doors first opened in Shediac, New Brunswick, in 1968. Eric Deletroz, Pizza Delight's Director of Culinary Development, trained as a chef in Switzerland and North America, and has worked as a product developer for the past 15 years, many of them with Pizza Delight. "In some rural communities we're one of the only restaurants in town," says Chef Deletroz. "Some would say that's an advantage, but it also means that we have a responsibility to serve food that suits our customers' tastes and offers them good value."

To find the Pizza Delight restaurant nearest you, go to www.pizzadelight.com

The Pizza Delight menu seeks to please customers through its well-known pizzas, pastas, and salads, as well as with the selections on the newly developed Oven Fresh Kitchen Menu. Chef Deletroz, whose experience in product development is instrumental in growing this menu, notes that it gives customers more options, but the concept is the same: to provide healthy, straightforward food that tastes great and is good for you. To that end, "Oven Fresh Kitchen" offers new favourites like 8 Layer Lasagna, Tuscan® Chicken Panini and the Mediterranean CHOPPED® Salad. "While we're always looking to update our menu items, some recipes will never change," continues Chef Deletroz. "We're famous for our freshly made pizza dough and secret recipe pizza sauce. If our customers love them, why change?"

By Michael Elliott

Pizza Delight "Super Donair"

Servings: 2 Preparation: 30 minutes Cooking: 15 minutes

200 g (7 oz)	pizza dough
180 g (6 oz)	donair meat
60 g (2 oz)	pepperoni, sliced
60 g (2 oz)	**Saputo pizza mozzarella cheese**, grated
50 g (1 3/4 oz)	iceberg lettuce, shredded
50 g (1 3/4 oz)	tomatoes, diced
25 g (3/4 oz)	onion, diced
100 g (3 1/4 oz)	donair sauce
Sufficient quantity	fresh parsley sprigs

Preheat oven to 220°C (400°F).

Roll out the dough into a 22 cm (9 in) circle and place on a lightly oiled perforated pan.

Spread the meat evenly over the dough and cover with pepperoni.

Sprinkle with the mozzarella cheese.

Place pizza in the centre of the oven and bake for 12 to 15 minutes.

Remove from oven and let rest for 1 minute.

Arrange the lettuce, tomatoes and onion over the pizza and pour the sauce in the centre.

Garnish with parsley sprigs.

ZOOM ON A *chef*

MARKO GOTOWIEC

"Steaks are what we're well known for and, quite frankly, they're what we're darn good at," says Marko Gotowiec, Director of Foodservices for The Keg Restaurants. Gotowiec should know what he's talking about. He's worked at the Keg for over 30 years, 15 of them in his current position. "When people step into The Keg, chances are they already know pretty well what they want to order. I mean, our number one appetizer is French onion soup and it has been for as long as I can remember. The second is escargot, a dish many people aren't familiar with but one that we've made both popular and accessible."

To find The Keg restaurant nearest you, go to www.kegsteakhouse.com

While comfort, familiarity, and value are some of the reasons customers keep returning, The Keg's menu is continually evolving. New dishes, such as Grilled Flatbread with Tomato Sauce and Bocconcini, Asparagus and Snap Pea Tempura, or Chipotle Mac & Cheese, innovate without going too far, keeping the menu fresh without compromising the time-honoured favourites that customers love. While the anchor of the Keg Menu may be their perfect steaks, in hard times isn't steak a hard sell? "It may be a cliché to say it," continues Gotowiec, "but even in these tough economic times we are not going to start cutting corners. It's something that customers notice and we're determined to maintain the Keg name and not compromise."

By Michael Elliott

Steak in Creamy Brie and Cognac Sauce

Servings: 4 Preparation: 10 minutes Cooking: 15 minutes

4	steaks, any cut
60 ml / 4 tbsp	**Dairyland unsalted butter**
90 ml / 6 tbsp	shallots, chopped
60 ml / 4 tbsp	cognac
60 ml / 4 tbsp	preserved green peppercorns, drained and crushed
250 ml / 1 cup	35% cream
125 g (1 piece)	Brise du Matin double-cream brie cheese
To taste	salt and freshly ground pepper

Season the steaks on both sides with salt and pepper and cook them any way you like.

While the steaks are cooking, melt the butter in a non-stick skillet over medium heat. Add the chopped shallots and cook for 1 minute, or until softened.

Add the cognac and reduce carefully for 1 minute.

Add the green peppercorns, cream and brie, lower the heat and continue cooking, stirring until the brie has melted and the sauce is smooth and creamy.

Spoon the sauce over the steaks and serve with your favourite side dish.

Cheese 101...

...Mozzarella

In this issue, we've developed four recipes to show you that mozzarella is not just for melting on top of a pizza! On the left, you can see how it has been used as a base for some tasty little canapes. In fact, you'll find that the consistency and subtle flavour of pressed mozzarella make it ideal for a variety of non-traditional uses. On the following pages, the stretchy kind (*pasta filata*) adds flavour and texture when stuffed in roast turkey and meatballs, while the inimitable Mozzarellissima takes a grilled sandwich to new heights. Cheese lovers, rejoice!

Assorted Canapes on Mozzarella

Yield: 3 dozen Preparation: 5 minutes Cooking: 7 minutes

500 g	**Saputo pizza mozzarella cheese** (Ideal for snacks)	Cut the mozzarella into 36 triangles and garnish with the following toppings to make a mixed canapé platter.

Chorizo and Parsley Salad

1	raw chorizo sausage, cut into 12 rounds	In a frying pan, sauté the chorizo rounds until they are cooked and beginning to brown. Remove the sausage rounds from the pan, leaving the fat behind, and toss them with the parsley and a squeeze of lemon juice. Salt to taste and serve.
250 ml (1 cup)	flat-leaf parsley, washed and stemmed	
1/4	lemon	
1 pinch	salt	

Shrimp in Garlic and Tomato Sauce

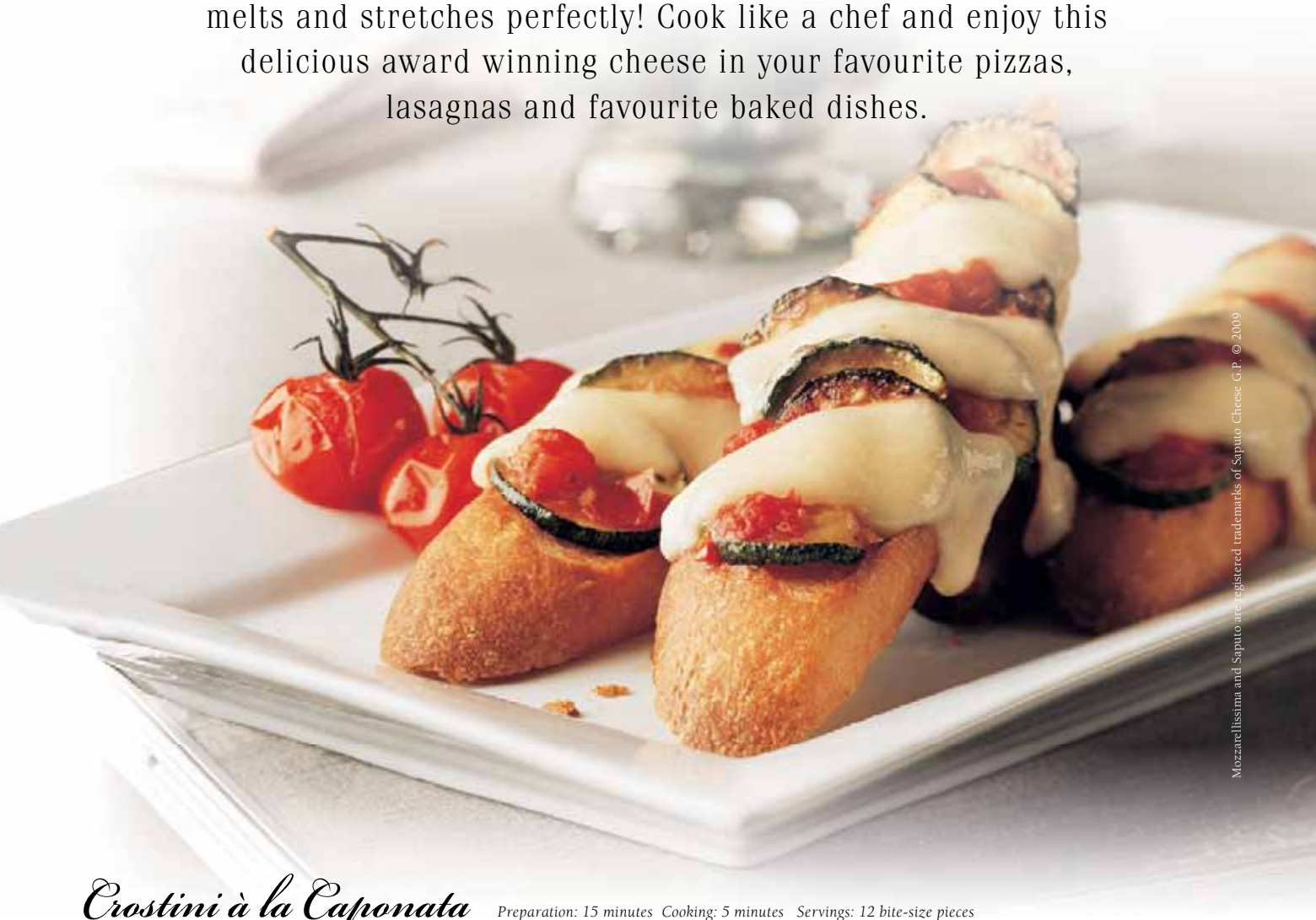
30 ml (2 tbsp)	olive oil	In a skillet, heat the oil and fry the garlic on medium heat until golden. Add the cherry tomatoes and smoked paprika and cook for 2 minutes or until the tomatoes have softened a bit. Add the shrimp and cook until they turn pink. Season well and serve warm.
2 cloves	garlic, peeled and thinly sliced	
250 ml (1 cup)	quartered cherry tomatoes	
1 pinch	smoked paprika	
250 ml (1 cup)	small shrimp, shelled and deveined	
To taste	salt and pepper	

Crispy Chipotle Onion Rings

2	large shallots, peeled and thinly sliced	Combine the shallots and chipotle peppers. Add the cornstarch and salt and toss well to coat all the shallot pieces. Deep fry the shallots at 180˚C (350˚F) for 2 minutes or until they are uniformly golden and crispy, tossing them lightly while they are frying to separate. Remove from the oil and drain on paper towels.
5 ml (1 tsp)	chipotle en adobo, thinly sliced	
7.5 ml (1 1/2 tsp)	cornstarch	
1 pinch	salt	
500 ml (2 cups)	canola or other flavour-neutral oil, for deep frying	

Mozzarellissima MD/®

Originally created for chefs and restaurants, Mozzarellissima MD/® melts and stretches perfectly! Cook like a chef and enjoy this delicious award winning cheese in your favourite pizzas, lasagnas and favourite baked dishes.



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Crostini à la Caponata

Preparation: 15 minutes Cooking: 5 minutes Servings: 12 bite-size pieces

2	medium zucchini cut in 0.5cm / ¼ inch slices	2
5 tbsp.	olive oil	75 mL
3 cloves	garlic, chopped	3 cloves
3	medium tomatoes, peeled and chopped	3
½ tbsp.	dried oregano	5 mL
to taste	salt and freshly ground pepper	to taste
4 slices	2cm / ¾ inch thick loaf of Italian Bread	4 slices
1 ½ cups	**Saputo Mozzarellissima**, grated	180 g

1. Preheat oven to 220 ºC / 425º F.
2. In a skillet, brown zucchini in oil. Add garlic, stir, and cook 15 seconds. Add tomatoes and seasonings. Cook 5 minutes over medium heat, or until juice from tomatoes has evaporated. Cool caponata* before using.
3. Brush bread with a little olive oil on both sides. Place on middle oven rack, turning once to toast both sides.
4. Cut each slice of toast into 4 pieces. Spread with caponata and top with **Saputo Mozzarellissima**. Return to oven until cheese is melted and a light golden brown. Serve immediately.

Mozzarellissima MD/®

For more delicious recipes, visit www.saputo.ca

**Caponata refers to an Italian appetizer topping that can include a variety of fresh vegetables like zucchini or even eggplant.*

Mozzarella

Louis Aird
Guilde des Fromagers Embassador
(North America)

A bufala is a female water buffalo. Hers is the milk – rare and expensive – from which mozzarella is traditionally made. These days, however, you're more likely to find a version made from cows' milk, which is more readily available and much less costly.

The history of mozzarella is closely linked to that of the water buffalo. How and when did the animals arrive in Italy? Some say it was Hannibal, others talk about Arab invasions and still others say that India was the source. What we do know is that they began to be raised in the 12th century, at a time when many peasants, fleeing war and invasions, abandoned their land. That land turned marshy, which is exactly what water buffalo like. Several centuries later, northern Italy became concerned about cleaning up the marshlands, and in 1930, the south began a massive agrarian reform. The herds of water buffalo, the "black mine" that produced "white gold," dwindled. Cow's milk began to replace *bufala* milk in the recipe. Then, in 1940 the Nazis destroyed the remaining herds. After the war, water buffalo imported from India were reintroduced to Italy, but the cheese introduced to North America by Italian immigrants in New York at the turn of the 20th century and in Canada around 1949 was made with cow's milk. Aside from the milk, mozzarella's other distinguishing feature is its stringy texture. After the whey is discarded, the curds are "strung" or "spun" to achieve the characteristic *pasta filata*. The cheese is then cut (in Italian, *mozzare* means to cut), immersed in water to firm it up, then covered in a light brine, in which it is kept until it is eaten.

There are three kinds of mozzarella:

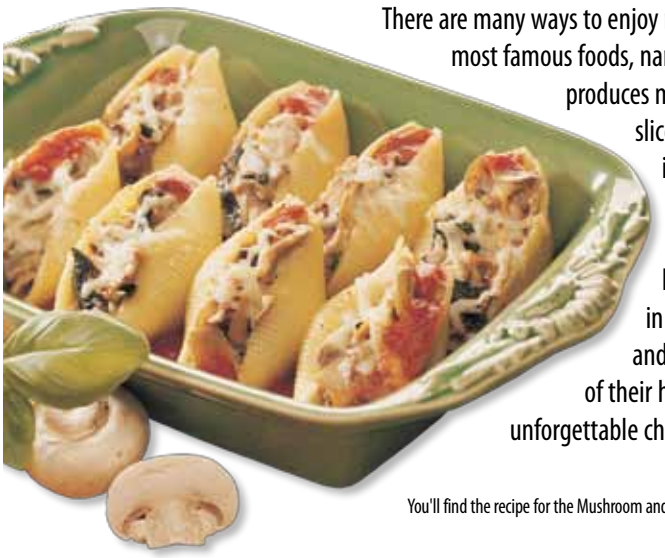
Stretched (*pasta filata*): Made with cow's milk, it has a creamy, soft texture ideal for pizzas and melted toppings; when heated, the cheese stretches and sticks to all the other ingredients.

Pressed: This mozzarella is denser and contains less moisture. It is also not stringy. It's delicious eaten plain, and can also be used in cooking, although it will not have the same properties as *pasta filata*.

Fresh (*fior di latte*): Generally sold in balls of different sizes, this mozzarella has a moisture content of 60%. It is soft, mild and tastes of fresh milk. Pearls of milky whey seep out when you slice into it.

There are many ways to enjoy mozzarella. Of course, it's a basic ingredient in some of the world's most famous foods, namely pizza and other Italian dishes, primarily lasagne. Canada produces more than 120 million kg of mozzarella a year. In winter, a simple slice of the fresh, milky-tasting cheese on a piece of toast is heaven itself, while in summer, it marries beautifully with fresh tomatoes and basil leaves.

I will always be grateful to my friend Gerardo who, a few years ago in southern Italy, woke me at 5 o'clock one morning to go to a farm and sample the day's first balls of fresh mozzarella as they came out of their hot water bath. Time simply stopped the moment I tasted that unforgettable cheese.



You'll find the recipe for the Mushroom and Spinach Stuffed Shells at www.ingredientsetc.ca

Roast Stuffed Turkey Breast

Roast Stuffed Turkey Breast

Servings: 6 Preparation: 20 minutes Cooking: 90 minutes

14 g (0.5 oz)	dried wild mushrooms
1 kg (2 lb)	boneless turkey breast
180 g (1 package)	**Saputo sliced pizza mozzarella cheese**
125 ml (1/2 cup)	dried cranberries
To taste	salt and freshly ground pepper
60 ml (1/4 cup)	35% cream
30 ml / 2 tbsp	balsamic vinegar
15 ml / 1 tbsp	sugar

Pour 1 litre (4 cups) of boiling water over the mushrooms and let soak 20 minutes. Strain the soaking liquid through a fine mesh sieve or cheesecloth and reserve. Drain the mushrooms, squeezing out excess water, and chop coarsely.

Preheat the oven to 180°C (350°F).

Lay the turkey breast on a work surface and butterfly, taking care not to puncture the flesh. Layer the mozzarella cheese slices, half the wild mushrooms and half the cranberries on one side of the butterflied breast. Close and tie with kitchen string at 2.5 cm (1 in) intervals to hold the shape. Generously salt and pepper the entire roast.

Place the turkey in a roasting pan on the middle rack and roast until done (about 25-30 minutes per 500 g). The meat is cooked when it reaches an internal temperature of 82°C (180°F). Let the roast sit for 5 minutes before slicing.

Sauce
In a saucepan over high heat, reduce the mushroom soaking liquid to 125 ml / 1/2 cup. Add the remaining cranberries and mushrooms and simmer for 5 minutes. Add the cream, balsamic vinegar and sugar and reduce slightly until thickened.
Season to taste.

Slice the turkey and serve with the sauce.

This dish would go well with wild rice and steamed broccoli. If you can't find dried wild mushrooms, use a large handful of assorted fresh mushrooms, such as oyster, crimini and shiitake. Slice and sauté them before using. If using fresh mushrooms, replace the soaking liquid with chicken or turkey stock.

Turkey breast is an economical and healthy cut of meat that cooks quickly. It is juicy and succulent, unlike the often overdone breast from a whole roast turkey.

Grilled Cheese Sandwich with Mozzarellissima

Servings: 4 Preparation: 10 minutes Cooking: 4 minutes

8 slices	Italian bread
300 g (10 oz)	**Saputo Mozzarellissima cheese**, sliced
120 g (4 oz)	mushrooms, thinly sliced
3	green onions, thinly sliced
To taste	ground cayenne
60 ml (4 tbsp)	olive oil
4 mini skewers	olives and condiments

Place 4 slices of bread on a work surface. Cover evenly with cheese slices and arrange the mushrooms and green onions over the cheese. Season to taste with cayenne.

Cover with remaining bread slices to make sandwiches.

Heat a large non-stick skillet over medium heat. Add half the oil.

Place the sandwiches in the skillet, then cover them with aluminum foil, place a weight on top of the foil, and continue cooking until the first side is golden and crisp. Turn the sandwiches, add the remaining oil and repeat the process.

To serve, cut each sandwich into four triangles and garnish with a skewer of condiments.

Stuffed Meatballs

Yield: 1 1/2 dozen Preparation: 30 minutes Cooking: 10 minutes

500 g (1 lb 2 oz)	lean ground beef
125 ml (1/2 cup)	fine bread crumbs
1	egg
2	green onions, sliced thinly
2 cloves	garlic, smashed
5 ml (1 tsp)	dried thyme
5 ml (1 tsp)	dried oregano
To taste	salt and freshly ground pepper
Sufficient quantity	**Saputo pizza mozzarella cheese**, in 1 cm (1/4 in) dice
Sufficient quantity	olive oil

Dipping sauce

180 ml (3/4 cup)	commercial salsa (medium)
180 ml (3/4 cup)	ketchup
1	lime, juiced and zest grated

In a bowl, place the beef, bread crumbs, egg, onion, garlic, thyme, oregano, salt and pepper. Combine gently with your hands.

Using 15 ml (1 tbsp) at a time, shape the mixture into balls and bury one cube of cheese in the middle of each ball.

In a non-stick skillet, fry the meatballs in hot oil for about 10 minutes, shaking the pan so they brown evenly.

In a bowl, combine the salsa, ketchup, lime juice and zest.

Serve the meatballs with cocktail picks for easy dipping.

You may use lean ground veal or pork instead of beef.

The meatballs may be frozen before cooking. Defrost them a few hours in advance and drain them on paper towels before browning.

A Li'L Story

by Li'L Ones™

Once upon a time there were Big Ones who had Little Ones. The Big Ones wanted the Little Ones to be healthy and strong, so they said to the Little Ones, "You must *always* eat *all* your meat and *all* your vegetables."

The Little Ones wanted to be healthy and strong too, so they told the Big Ones, "We won't *always* eat *all* our meat and *all* our vegetables, but we'll *always* eat *all* our Li'L Ones™ yogurt."

So the Big Ones read the label on the Li'L Ones™ yogurt, and they saw that the Little Ones were very smart indeed, which wasn't surprising because Li'L Ones™ has DHA. Plus it's made with whole milk to keep them healthy and strong.

So the Big Ones bought their Little Ones a lot of Li'L Ones™ yogurt and they *all* lived happily ever *always*.

Contains DHA
Sweetened with fruit juice
Made with whole milk

No gelatin
Source of calcium and vitamin D
No artificial flavours and colours

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Pizza

Potato Foccacia

Potato Foccacia

Servings: 8 Preparation: 20 minutes Cooking: 30 minutes

450 g (1 lb)	tiny new potatoes
450 g (1 lb)	commercial pizza dough
45 ml (3 tbsp)	olive oil
5 ml (1 tsp)	hot pepper flakes
10 ml (2 tsp)	fresh rosemary leaves
To taste	salt and freshly ground pepper
250 g (500 ml / 2 cups)	**Saputo smoked caciocavallo cheese**, grated
60 ml (1/4 cup)	**Saputo grated parmesan cheese**

Cook the potatoes in boiling salted water until they are just barely tender. Cool in cold water, drain on paper towels and slice thinly.

Preheat the oven to 200˚C (400˚F).

Roll and stretch the pizza dough out on a 44 x 30 cm (17 x 12 in) rectangular baking sheet.

Brush with the oil and sprinkle with the pepper flakes and rosemary.

Arrange the potato slices on the dough, season with salt and pepper and bake on the middle rack for 15 minutes.

Remove from the oven and quickly sprinkle the cheeses over the top - the caciocavallo first, then the parmesan. Return to the oven for another 10 to 15 minutes.

Serve piping hot.

Pizza Margherita

Yield: 2 pizzas Preparation: 20 minutes Cooking: 8 minutes

4	Italian plum tomatoes, peeled, seeded and sliced
To taste	salt and freshly ground pepper
Sufficient quantity	olive oil
2	thin commercial pizza crusts, 20 cm (8 in) each
125 ml (1/2 cup)	olive and dried tomato pesto
30 ml (2 tbsp)	**Saputo grated parmesan cheese**
500 ml (2 cups / 200 g)	**Saputo grated pizza mix cheese**
12	grape tomatoes
To taste	fresh basil, shredded

Preheat the oven to 225°C (450°F).

In a bowl, toss the tomato slices with the salt, pepper and 30 ml (2 tbsp) olive oil. Set aside.

Place the pizza crusts on a baking sheet and brush each one with 60 ml (1/4 cup) of pesto. Arrange the tomato slices evenly on top and sprinkle with parmesan cheese.

Divide the pizza mix cheese between the two pizzas and place 6 grape tomatoes in the middle of each one.

Bake on the lower rack for 8 minutes. Remove from oven, sprinkle with basil and serve.

Peeled tomatoes are always more pleasant to eat. To peel, plunge the tomatoes in boiling water for 15 seconds. Immediately transfer to a bowl of ice water. The skin will come off easily.

Never bake fresh basil. The residual heat from the pizza when it comes out of the oven will be enough to bring out the flavour of this fragrant herb.

Roasted Fennel Pizza with Radicchio

Servings: 4 Preparation: 30 minutes Cooking: 40 minutes

1	fennel bulb, sliced thinly
1	onion, in thin half-slices
30 ml (2 tbsp)	olive oil
30 ml (2 tbsp)	balsamic vinegar
30 ml (2 tbsp)	maple sugar
15 ml (1 tbsp)	fresh thyme leaves
To taste	salt and freshly ground pepper
4	refrigerated commercial pizza crusts 20 cm (8 in) each
4 slices	prosciutto, in thin strips
200 g (6 oz)	**Saputo pearl bocconcini cheese**
1	radicchio, shredded
30 ml (2 tbsp)	olive oil
15 ml (1 tbsp)	balsamic vinegar

Preheat the oven to 200°C (400°F).

Place the first 7 ingredients in a plastic bag, seal and shake well to mix evenly.

Spread the mixture on a baking sheet and bake about 30 minutes, stirring frequently to brown evenly. Cool on the counter and reserve.

Increase the oven temperature to 225°C (450°F).

Divide the remaining ingredients into 4 portions. Brush the pizza crusts with olive oil and place them on a large baking sheet. Arrange an equal amount of roasted vegetables, prosciutto and pearl bocconcini cheese on each pizza. Bake in the lower part of the oven for 10 minutes.

While the pizza is baking, toss the radicchio with the remaining oil and vinegar.

When the pizzas are done, remove them from the oven and divide the radicchio evenly among them.

Return the pizzas to the oven for 1 minute, just to wilt the radicchio. Serve immediately.

Radicchio is a bitter type of lettuce that some people love and others hate. Feel free to substitute romaine.

Roast the fennel and onions earlier in the day. Slice the radicchio and refrigerate it in a plastic bag. The prosciutto may also be sliced in advance and kept on a covered plate in the refrigerator. At meal time, assemble the pizzas while the oven is preheating.

Middle Eastern Style Pizza

Servings: 8 pizzas Preparation: 40 minutes Cooking: 48 minutes

225 g (1/2 lb)	lean ground beef or lamb
375 ml (1 1/2 cups)	canned diced tomatoes, drained, finely chopped
30 ml (2 tbsp)	olive oil
250 ml (1 cup)	flat parsley leaves, chopped
1	onion, finely chopped
2.5 ml (1/2 tsp)	ground pepper
2.5 ml (1/2 tsp)	salt
5 ml (1 tsp)	paprika
1 pinch	ground allspice
1 pinch	dried thyme
1 clove	garlic, minced
To taste	cayenne pepper
800 g (1 3/4 lb)	fresh pizza dough
Sufficient quantity	flour for rolling the dough
2 L (8 cups)	mesclun or your favourite lettuce
1 package	**Saputo crumbled goat Fetos cheese**

Preheat the oven to 180˚C (350˚F).

In a mixing bowl combine the meat, tomatoes, oil, half the parsley, the onion, pepper, salt, paprika, allspice, thyme, garlic and cayenne pepper. Mix well using your hands or a wooden spoon.

Divide the dough into 8 pieces and shape each one into a ball. Flour a clean work surface and roll each portion of dough into a circle about 13 cm (5") in diameter. Flour the circles lightly, cover them with a clean tea towel and allow them to rest for 10 minutes.

After the dough has rested, take two circles and roll them as thinly as possible, flouring as needed to keep the dough from sticking. Don't worry if the circles aren't perfect – the pizza will still taste great. Place both pizzas on a parchment-lined baking sheet and spread 1/8 of the meat mixture thinly and evenly over the top of each one.

Bake for 12 minutes or until the topping is cooked and steaming and the underside of the dough has begun to brown. Remove from the oven and cool. Repeat with the remaining ingredients.

When all the pizzas are done, sprinkle them with the crumbled feta and top with 1 cup of lettuce and some of the remaining parsley. Serve flat, or invite your guests to roll them up!

If you love herbs, feel free to add dill, mint or chives in addition to, or instead of the parsley. Rolled up, these pizzas make a welcome addition to any lunch box.

Appetizers

Apple Jam and Cheese Bites

Yield: 3 dozen
Preparation: 10 minutes
Cooking: 5 minutes

30 ml (2 tbsp)	**Dairyland salted butter**
2	shallots, finely chopped
3	McIntosh apples,* skin on, cored and finely diced
30 ml (2 tbsp)	sugar
60 ml (1/4 cup)	apple cider vinegar
6 large slices	German-style pumpernickel bread
180 g (1 package)	**Saputo sliced monterey jack cheese**

In a skillet, melt the butter and sauté the shallots for 1 minute. Add the apples and sugar and sauté for 2 minutes. Add the cider vinegar and cook until the liquid has evaporated.

Lay out the pumpernickel slices and cover evenly with cheese (use all the cheese). Cut each piece into 6 triangles. Spread the triangles with apple jam and place on a microwave-safe serving platter.

Just before serving, microwave 10 seconds at a time to warm but not melt the cheese. Serve immediately.

* You may substitute your favourite red-skinned apple.

The apple jam may be made a day ahead and refrigerated.

Quick Roasted Pepper Dip

Servings: 8
Preparation: 15 minutes
Cooking: 20 minutes

250 ml (1 cup)	**Dairyland sour cream**
200 g (1 container)	**Saputo plain Fetos cheese**, drained and crumbled
60 ml (1/4 cup)	light mayonnaise
375 ml (1 1/2 cups)	preserved roasted red peppers, drained and patted dry
250 ml (1 cup)	frozen spinach, well drained and chopped
1 clove	garlic, minced
To taste	lemon zest, finely grated
To taste	freshly ground pepper
1 pinch	red pepper flakes
Sufficient quantity	pita crisps

Preheat the oven to 180°C (350°F).

In a 22 cm (9 in) baking dish, combine all the ingredients except the pita crisps.

Bake for 20 minutes on the middle rack until the mixture is bubbling.

Serve with the pita crisps.

Tomato Crostini

Yield: 2 dozen
Preparation: 20 minutes
Cooking: 7 minutes

1	thin baguette (ficelle), in 24 slices
2 cloves	garlic, halved
Sufficient quantity	olive oil

Topping

125 ml (1/2 cup)	flat-leaf parsley, chopped
1/2 clove	garlic, crushed
15 ml (1 tbsp)	lemon zest, finely grated
45 ml (3 tbsp)	**Saputo grated parmesan cheese**
15 ml (1 tbsp)	olive oil
24 slices	Italian (plum) tomatoes
12 balls	**Saputo cocktail bocconcini cheese**, halved

Preheat the oven to 180°C (350°F).

Rub the bread slices with the halved garlic cloves and brush lightly with olive oil. Arrange on a baking sheet and bake about 12 minutes, then turn and bake another 12 minutes until nicely toasted.

In a bowl, combine the parsley, crushed garlic, lemon zest, parmesan cheese and olive oil.

Place a slice of tomato on each slice of bread, add a bit of the parsley mixture and top with a piece of cocktail bocconcini.

Return to the oven and bake about 7 minutes to melt the cheese slightly and reheat the crostini.

Serve immediately.

You can make this recipe in minutes using store-bought crostini.

Save time by preparing the crostini 3 or 4 hours ahead of time and popping them in the oven just before serving. The topping may be made the day before and refrigerated in a covered container.

Warm Jalapeno Dip

Servings: 8
Preparation: 20 minutes
Cooking: 20 minutes

125 ml (1/2 cup)	fresh bread crumbs
375 ml (1 1/2 cups)	**Dairyland milk**
320 g (1 package)	**Saputo shredded taco and nacho cheese**
15 ml (1 tbsp)	Dijon mustard
1	jalapeno pepper, seeded and minced
4	green onions, chopped
5 ml (1 tsp)	Worcestershire sauce
250 ml (1 cup)	mild salsa
30 ml (2 tbsp)	tomato ketchup
60 ml (1/4 cup)	fresh coriander, chopped
15 ml (1 tbsp)	freshly squeezed lime juice

In a saucepan, combine the first 9 ingredients.

Slowly bring to a boil and simmer over very low heat for 20 minutes, stirring occasionally.

Remove from heat, add the coriander and lime juice and stir to combine.

Serve warm with chips or raw veggies.

This dip can be turned into a great burrito filling. Just add 125 ml (1/2 cup) of your favourite canned beans, drained and rinsed.

Cheesy Potato Samosas

Yield: 2 dozen
Preparation: 10 minutes
Cooking: 30 minutes

450 g (1 lb)	small new potatoes
30 ml (2 tbsp)	**Dairyland salted butter**
1	shallot, finely chopped
2	red chillies, finely chopped
10 ml (2 tsp)	cumin seed
5 ml (1 tsp)	turmeric
400 g (550 ml / 2 1/4 cups)	**Saputo caciocavallo cheese**, in small dice
To taste	salt and freshly ground pepper
As required	canola oil for deep frying
24	large egg roll wrappers
1	egg, beaten
Suggested condiments	tamarind, plum or chilli sauce for dipping

In a large saucepan, bring the potatoes to a boil in salted water. Cook until fork tender. Drain and rinse. When cool enough to handle, remove the skins. Roughly chop the potatoes and set aside.

In a large skillet, melt the butter and sauté the shallots and chillies for 1 minute. Add the cumin and turmeric and sauté for 1 minute more. Add the potatoes to the skillet and sauté until they are coated thoroughly with turmeric. Transfer the mixture to a bowl and let cool.

Add the caciocavallo cheese to the potato mixture and toss. Season to taste with salt and pepper.

In a medium saucepan, heat the oil to 350°F (180°C).*

Remove 6 won ton wrappers from the package and place them on a work surface. With a pastry brush, moisten the edges of the wrappers with the beaten egg. Place a heaping spoonful of the potato-cheese filling in the middle of each wrapper and fold over to form triangles. Press the edges firmly to seal. Repeat with remaining wrappers.

Deep fry the samosas in batches until golden and crispy (about 4 minutes). Drain on a plate lined with paper towels.

Serve hot with any or all of the suggested condiments.

Mozzarella-Salami Nibbles

Servings: 1 dozen
Preparation time: 15 minutes + 1 hour refrigeration
Cooking time: 3 minutes

225 g (500 ml / 2 cups)	**Saputo pizza mozzarella cheese**, grated
1	egg, beaten
15 ml (1 tbsp)	fresh basil, chopped
60 g (2 oz)	salami, diced
To taste	freshly ground pepper
150 ml (2/3 cup)	plain bread crumbs
45 ml (3 tbsp)	olive oil
12 slices	Italian plum tomatoes

In a bowl, combine the pizza mozzarella cheese, egg, basil and salami. Season to taste.

Shape mixture into 12 walnut-sized balls and flatten slightly. Press into bread crumbs to coat.

Refrigerate one hour.

In a non-stick pan, heat the oil and brown the balls 2 minutes on each side, or until crisp and golden.

Serve hot on a slice of tomato.

Use provolone instead of pizza mozzarella.

Desserts

Meringue Hazelnut Cake

Meringue Hazelnut Cake

Servings: 8 Preparation: 30 minutes Cooking: : 50 minutes

Cake

250 ml (1 cup)	all-purpose flour
5 ml (1 tsp)	baking powder
125 ml (1/2 cup)	**Dairyland unsalted butter**, softened
75 ml (1/3 cup)	sugar
3	egg yolks
75 ml / (1/3 cup)	**hazelnut Creama**

Meringue

4	egg whites
250 ml (1 cup)	sugar
70 g (125 ml / 1/2 cup)	hazelnuts, toasted, skinned and chopped

Hazelnut cream

1	egg yolk
15 ml (1 tbsp)	sugar
250 ml (1 cup)	**hazelnut Creama**
30 ml (2 tbsp)	corn starch

Cake

Preheat the oven to 175°C (325°F). Butter two 23 cm (9 in) springform pans and line with parchment paper.

In a small bowl, sift together the all-purpose flour and baking powder.

In a large bowl, beat the butter and sugar until light and fluffy. Beat in the egg yolks one at a time until well blended. Beat in the hazelnut Creama. Fold in the flour mixture until just blended.

Divide the batter equally between the two prepared pans.

Meringue

In a bowl, beat the egg whites until foamy. Continue beating as you add the sugar slowly. Keep beating until stiff peaks form. Gently fold in the hazelnuts. Spread the meringue equally over the cake batter in the 2 pans.

Bake the cakes in the centre of the oven for 30 minutes. Turn off the oven and open the door but leave the cakes inside for another 20 minutes. Remove the cakes and let cool.

Hazelnut cream

In a small saucepan, whisk together the egg yolk, sugar, hazelnut Creama and corn starch. Cook over medium-low heat, stirring constantly, until thickened. Allow to cool, then chill.

Remove the cooled cakes from their pans and place one cake meringue side down on a serving plate. Spread the hazelnut cream over the plated cake and place the second cake on top, meringue side up. Serve.

If desired, use another Creama flavour, such as toffee, and omit the hazelnuts.

The hazelnut cream may be made up to 2 days ahead. Cover well and store in the refrigerator.

Chocolate Pear Crumble

Servings: 4 Preparation: 15 minutes Cooking: 30 minutes

Crumb topping

1 packet	plain instant oatmeal
125 ml (1/2 cup)	Oreo cookie crumbs
1 pinch	salt
125 ml (1/2 cup)	sugar
75 g (180 ml / 3/4 cup)	skinless hazelnuts
125 ml (1/2 cup)	**Dairyland unsalted butter**, chilled, in pieces
4	firm Bosc pears, peeled, cored and sliced
45 ml (3 tbsp)	freshly squeezed orange juice

Preheat the oven to 180°C (350°F).

In a food processor, pulse the oatmeal, cookie crumbs, salt, sugar and hazelnuts until the nuts are coarsely chopped. Add the butter and pulse until the mixture resembles coarse crumbs. Set aside.

In a 20 cm (8 in) square baking dish, arrange the pears and sprinkle with orange juice to keep them from turning brown. Cover the pears with the topping mixture and press it down well with your palm.

Bake about 30 minutes or until the pears are tender (test by piercing with a bamboo skewer).

The recipe is also excellent with nectarines or a mixture of strawberries and rhubarb.

Prepare the crumble a few hours ahead of time and refrigerate. Bake when convenient.

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Toffee Caramel Flan

Servings: 10 to 12
Preparation: 25 minutes plus 12 hours in refrigerator
Cooking: 50 minutes

150 ml (2/3 cup)	sugar
30 ml (2 tbsp)	water
6 large	ladyfingers, crushed
60 g (2 oz)	70% dark chocolate
750 ml (3 cups)	**toffee caramel Creama**
30 ml (2 tbsp)	espresso coffee, hot
6	eggs
Sufficient quantity	strawberries

Have nearby: the ladyfingers, a 20 cm (8 in) soufflé dish and oven mitts.

In a small saucepan, dissolve 75 ml (1/3 cup) of the sugar in water. Cook without stirring until the caramel turns a deep amber. Quickly pour it into the soufflé dish. Wearing oven mitts, tilt the dish in all directions to spread the caramel evenly over the bottom. Sprinkle the ladyfingers over the caramel and press them down firmly. When cooled, butter the sides of the dish.

In a small saucepan over low heat, melt the chocolate in 75 ml (1/3 cup) of the toffee caramel Creama. Stir in the hot espresso. Cool slightly.

Preheat the oven to 350°F (180°C).

In a large bowl, whisk together the eggs and the remaining sugar and toffee caramel Creama. Whisk in the chocolate-coffee mixture. Pour the custard into the caramel-coated dish.

Cook in a bain-marie (water bath) for 50 minutes or until the flan has set.* Cool, then refrigerate for at least 12 hours to allow the caramel to dissolve.

At serving time, place a deep-lipped serving plate (to catch the caramel sauce) over the soufflé dish and carefully but quickly turn it over to release the flan.

Cut into points and garnish with strawberries.

* To avoid burning yourself, remove just the casserole, leaving the water bath to cool in the oven.

Try serving the flan with berries and sprigs of mint. You may also vary the recipe by using hazelnut or French vanilla Creama.

To easily remove the hardened caramel from the saucepan, fill the pan with water and bring to a boil.

Ricotta Pie

Servings: 8 Preparation: 1 hour Cooking: 1 hour

15 ml (1 tbsp)	golden raisins
75 ml (5 tbsp)	dried cranberries
45 ml (3 tbsp)	rum
475 g (1 container)	**Bari ricotta cheese**
3	egg yolks
1	egg
30 ml (2 tbsp)	flour
125 ml (1/2 cup)	coarse-granule maple sugar
250 ml (1 cup)	white chocolate chips
3	egg whites

Crust

180 ml (3/4 cup)	ginger snaps, crushed into crumbs
180 ml (3/4 cup)	graham cracker crumbs
60 ml (1/4 cup)	**Dairyland unsalted butter,** melted
60 ml (1/4 cup)	sugar

In a bowl, combine the raisins, cranberries and rum and macerate for 1 hour.

Preheat the oven to 180˚C (350˚C). Butter a 22 cm (9 in) springform pan.

To make the crust: In a bowl, combine all the crumbs, the butter and the sugar. Mix well and press evenly into the bottom of the pan. Set aside.

In a large bowl, combine the ricotta cheese, egg yolks and whole egg. Add the macerated fruit, the flour, the maple sugar and the chocolate chips. Beat with a wooden spoon for about 3 minutes.

In another bowl, beat the egg whites until soft peaks form. Using a rubber spatula, gently fold the egg whites into the cheese mixture. Pour the mixture into the pan.

Bake on the middle rack for 1 hour, then turn off the oven and allow the pie to cool inside for 1 hour with the door closed.

At serving time, carefully run the blade of a knife around the edge of the pie before opening the clasp and removing the sides of the pan.

You may use semisweet chocolate chips used instead of white.

To make the ginger snap crumbs without a food processor, seal the cookies in a zip-top bag and crush them with a rolling pin. The crumbs probably won't be as fine, but they'll be just as tasty.

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